

Associated Recreation Council
100 Dexter Avenue North
Seattle, Washington 98109-5199

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Specialized Programs Section



Winter 2005



Seattle Parks & Recreation Department



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PROGRAM INFORMATION

The Specialized Programs Section of the Seattle Parks and Recreation Department offers year round activities for individuals 4 years of age and older. The purpose is to provide recreational opportunities for individuals who may choose to participate in activities designed and conducted by specially trained staff. If you have questions or need further information, please call the Specialized Programs Office at 206-684-4950.

FEES & CHARGES

The programs and activities listed in this brochure are provided by the Specialized Programs Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. Class/program fees listed in this brochure include sales tax where applicable in accord with current provisions of the State Tax Code enacted by the State Legislature.

REFUND POLICY

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

PERSONS WITH DISABILITIES

Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call V/TDD 684-4950. If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.180)

PROFESSIONAL STAFF

Ken Bounds, Superintendent
Herbye White, Director
David Jensen, Manager
Nick Bicknell, Recreation Coordinator
Linda Guzzo, Administrative Specialist

Tori Fernau, Recreation Specialist - Adults
Juli Sanders, Recreation Specialist – Youth
Jayson Powell, Recreation Leader
Emily Sisson, Recreation Leader
Iris Swisshelm, Recreation Attendant

ADVISORY COUNCIL

As the Specialized Programs Advisory Council is in its 36th year of operation, we invite you and your family to enjoy the recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Specialized Programs Office with the development and operation of programs, you are invited to join the advisory council. The council meets the first Tuesday of each month. For further information on the advisory council, please call 206-684-4950. We would like to thank current advisory council members: *Shirley Duncan, Chuck Fleming, Kay Herndon, Kim Proctor, Chris Purkiss, Jerry Rosso, Mary Sexton, Carol Smith, and Sabrina Whaley*

SPECIAL EVENTS



NEW INFORMATION REGARDING ACCESS SERVICES!!!

We have had increasing numbers of participants coming to and from programs via Access Service. Due to this increase, there have been issues raised that we would like you to be aware of when making arrangements for Access rides.

1. Each program in our brochure has a stated Access drop off “appointment time”, and a “pick up window.”
 - * When you schedule your rides, **please only request these stated times!**
 - * Please note that Access does not have “drop off windows”, they have drop off “appointment times”. Access will drop you off no later then your scheduled “appointment time”.
2. Please remember, if a participant arrives too early, the facility may not be open, or Specialized Programs staff may not have arrived yet. Similarly, if a participant’s pick-up window is scheduled late, it will affect other programs that are following theirs.
3. When you pre-register for programs, please state if the participant is going to be using Access to and / or from program.
4. If there is a consistent problem with early drop off appointments or late pick ups, the Specialized Programs staff will call you to discuss the situation.
5. If you have any questions about our specific Access appointment times, or pick up windows, please contact the Specialized Programs Office at (206) 684-4950. If you have problems with the Access Service, please call Access at (206) 205-5000 (TTY: (206) 749-4286) and talk to their Customer Service.



Did you know? Services offered by Access:

Door to Door: The driver will walk the participant to the doorway of the destination.

Hand to Hand: The driver must deliver the participant to the appropriate person at the destination. If you use this service, please have participants be handed to “Specialized Programs Staff.”

Subscription Service: This service is great when a participant wants to set up a ride to the same destination, at the same time, every week.

To apply for these services, please contact Access at (206) -205-5000 (TTY: (206) 749-4286) and ask for Customer Service.



SWEETHEART DANCE

All you sweethearts get ready for a fun evening of dancing and music at the Seattle Parks and Recreation Department's, Specialized Programs "Sweetheart Dance".
Put on your dancing shoes and join in!



DATE: Friday, February 11, 2005

TIME: 6:30 – 8:30 p.m.

COST: \$2.00

WHO: 18 years and older

WHERE: Fircrest School Gym (15230 – 15th NE)
The gym is located in the Activities Building which is the building to the left as you turn into the Fircrest Parking lot off of 15th NE.

DRAWING FOR PRIZES !



ACCESS: Metro Access riders, please ask for an **appointment time of 6:45 pm** and Pick-Up of 7:45-8:15 p.m.

Pre-Registration:

To register for this special event, please call the Specialized Programs Office at (206) 684-4950.

Washington Wheelchair Sports Jamboree - 2005

The Seattle Parks & Recreation Department's Specialized Programs Section and the Kiwanis Club of Meridian Kent, WA., team up with other organizations to sponsor this special event.

The Jamboree is geared towards individuals who have the ability to follow a sequence of instructions and have adequate upper body control to maneuver a manual wheelchair.

Please Note: This program is not affiliated with Special Olympics, which is for youth / adults with developmental disabilities.

The clinics are an introduction / opportunity for individuals, parents, therapists, teachers, recreation professionals and interested others to learn about competitions in wheelchair sports, as well as equipment. Information on Regional, National, and International Competitions will be available for individuals interested in Sanctioned Competitive Sports or just Recreation. It will also offer information on how a participant could train on their own in the community or school and work towards a sports scholarship to a University.

CLINICS – NEW EQUIPMENT FOR YOUTH & ADULTS INCLUDE:

Basketball, Handcycling, Road Racing, Table Tennis, Tennis, Track, Amputee Soccer

FEATURING:

Jim Martinson, Paralympian Gold Medalist
Anthony Anderson, World Wheelchair Tennis Champion
Dave Fouquette, Jr. Sonics Wheelchair Basketball Coach
Northwest Wheelchair Sport Coaching Staff
Kristine Henning, American Amputee Soccer Association

DEMONSTRATIONS:

Annual “Jim Martinson Grudge Match”
Sonics Men’s Wheelchair Basketball vs. Wheelie Team Wheelchair Basketball Team
And Don’t Miss The ...
Magic Wheel Tractor Pull

EXHIBITORS:

Programs, Individual / Team Information, etc.

Interested in being an exhibitor?

Contact Tori Fernau (206) 615-0702

or

e-mail Tori at: Tori.Fernau@seattle.gov

Date: Saturday, April 23, 2005

Time: 8:00 am – 4:00 pm

Place: Chief Sealth High School (2600 SW Thistle in West Seattle)

Cost: No Charge (**FREE !!!**)

Information/Mailing List & Sports Participant Registration: Please contact

Nick Bicknell: (206) 615-0617 or e-mail: nick.bicknell@seattle.gov

Information can be downloaded from: www.cityofseattle.net/parks/events/wheelchairsports.htm

This event is open to the public!

If you're not a sports participant, you do not need to register.

WINTER

SPORTS

WINTER SPORTS: - *Basketball*
 - *Swimming*

PRE-REGISTRATION REQUIRED:

Please call the Specialized Programs Office, 206-684-4950, to pre-register.

EVERYONE interested in participating must pre-register by the date listed below.

Pre-register no later than January 4, 2005

REQUIREMENTS:

- If athletes wish to compete on the Special Olympics Basketball team, they must have their 'Medical Form' turned in to our office by January 7th in order to participate in the Special Olympics Tournaments.
- If you are not planning to compete in the tournaments, you may still participate in practices without a Special Olympics Medical Form on file but must have an Adult Information Form on file.
- If you have a question about the form, please call the Specialized Programs Office at (206) 684-4950.

IMPORTANT: The Special Olympics office has informed us that athletes may compete in only ***ONE*** sport during the Winter Season. If you have competed in Basketball and Skiing in the past you **WILL NOT** be able to do both this year. You will have to choose one sport to compete in – either Skiing or Basketball.

WE NOW HAVE 2 PRACTICE SITES !!!

(*You must choose one site*)

You must register. Call 684-4950 and note which night you'll be attending.

SPORT:



NORTH LOCATION:

Indian Heritage School (1330 North 90th)
(*formerly Wilson-Pacific School*)

Tuesdays, January 4 – March 15
6:30 - 8:00 p.m.

North Access Information: Request an **appointment time of 6:45 pm** and a
Pick-up window of 7:45-8:15 pm.

(**Asked to be picked up in the parking lot **BEHIND** the school,
which is on 92nd & Ashworth*)



CENTRAL LOCATION:

Miller Community Center (330-19th Ave East)

Wednesdays, January 5 – March 16
7:00 – 8:30 pm

Central Access Information: Request an **appointment time of 7:15 pm** and a
Pick-up window of 8:15-8:45 pm.

SPECIAL OLYMPICS INFORMATION

Coaches will keep you informed when further information on Regional and State Meets is available. *REMEMBER - You must attend the Regional Meet to be considered in the quota for the State Meet.*

Regional Tournament: **February 6** **Issaquah**

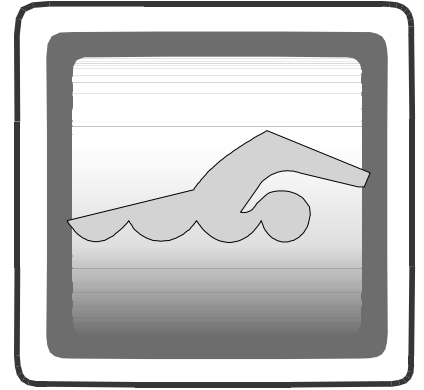
***State Tournament:** **March 4 - 6** **East Wenatchee**

**For teams that qualify*

Note: Travel to the State Tournament, if teams qualify, will be dependent on the
Special Programs Staff determination of the mountain pass road conditions.

SWIMMING

Please pre-register by calling the Specialized Programs office at (206) 684-4950.



LOCATION: Meadowbrook Pool (10515 - 35th NE)

DATES: Thursday evenings **starting January 6 – March 17**

TIME: 7:00 - 8:00 p.m.

COST: \$2.25 / individual sessions
OR you can buy a punch card for \$20.00 (valued at \$22.00)

IMPORTANT NOTICE:

We are asking that athletes NOT use Access to and from swim team practice. Access vans cannot give an exact time for pick-up, only a 1/2 hour window. The Specialized Programs Staff must be on the pool deck during practices so are unable to go out and watch for the vans until practice is over. If a van does arrive early, they will only wait five minutes and do not always come into the pool building to let staff know who they are there to pick up. Since they only wait five minutes, that does not allow athletes enough time to get out of the pool, showered, and dressed. Specialized Programs Staff are scheduled to work until the program is over at 8:00 pm, so scheduling a window from 8:00-8:30 pm causes staffing problems. We have had problems with Access in the past, which is why we are requesting that athletes not use it. We apologize for any inconvenience this may cause. If you have any questions, please call the Specialized Programs Office, 684-4950. Thank you.

SPECIAL OLYMPICS AQUATICS INFORMATION

Coaches will keep you informed when further information on Regional and State Meets is available. *REMEMBER - You must attend the Regional Meet to be considered in the quota for a State Meet.*

ADULT PROGRAMS

18 YEARS OF AGE AND OLDER

***All Adults are required to have an
Information Form on file with the
Specialized Programs Office***

WHAT'S COOKING ??? 2 Sites Are !!!

The Cooking Class is for adults with disabilities, 18 years of age and older, who are independent, follow directions easily, and do not require one-on-one supervision.

Due to the popularity of this program, we have started an additional cooking class at Miller Community Center. Learn the basic skills for preparing and cooking healthy meals. We will learn what's needed to prepare a meal from beginning to end and eat our finished meals.

Due to the popularity of this program and the limited number we can accommodate, we are requesting that agencies and group homes limit the number of people they pre-register to two.

Times For Each Site: 6:30 – 8:30 pm

Access Time for Each Site: Appointment Time Of: 6:45 / Pick-Up: 8:00-8:30 pm

Cost for each Session: \$15.00 – due the Friday before the session you are registered for

Please make checks payable to: Specialized Programs Advisory Council

Mail checks to: Specialized Programs Section
ATTN: Tori
8061 Densmore Avenue North
Seattle, WA 98103



LIMIT: Class size is limited to 10 people

Location: Miller Community Center (330 – 19th Ave East – Seattle)

Day of Week: Mondays

Session #1: January 3 – February 7 (No class January 17th)

Session #2: February 14 – March 21 (No class February 21st)

Location: Delridge Community Center (4501 Delridge Way SW - Seattle)

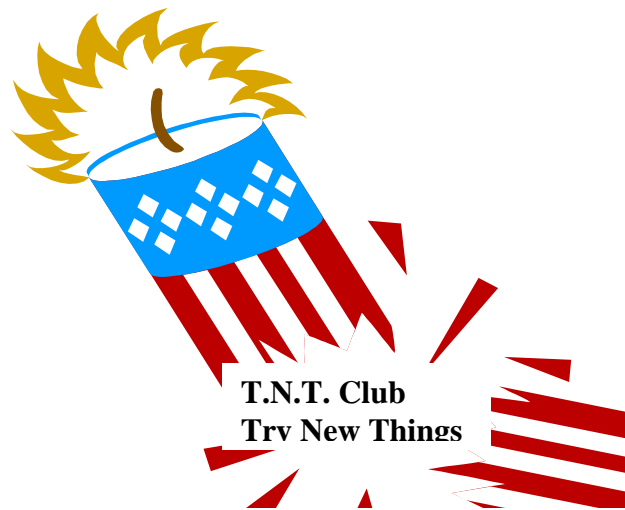
Day of Week: Tuesdays

Session #1: January 4 – February 1

Session #2: February 15 – March 15

PRE-REGISTRATION IS REQUIRED. Call the Specialized Programs Office at (206) 684-4950 to register starting at 8:00 am on December 29th. **Remember to state which Community Center Site and which session you are registering for.**

NOTE: You may register for one session at each community center and be placed on the waiting list for other sessions.



T-N-T CLUB

(Try New Things Club)

For Adults

"TNT Club" is an Adult Day Program for disabled adults, 18 years or older who meet each week to enjoy a fun activity and dine on their sack lunch / drink. Activities will include games, crafts, movies, guest speakers, and field trips. To pre-register, please call the Specialized Programs Office, 684-4950. Please indicate at this time if you will be riding Access.

You may call the Specialized Programs Office, 684-4950, to receive an Activity Schedule or to answer any questions you may have regarding this program.

DATE: Tuesdays January 4 – March 15

TIME: 10:30 a.m. – 1:00 p.m.

WHERE: Meadowbrook Community Center
10517 - 35th Ave. NE

COST: Depends on the activity

BRING: Sack Lunch / Drink

ACCESS RIDERS: Please request an appointment time of 10:45 am and pick-up window between 12:45-1:15 pm.

REMINDER: The Community Center does not open until 10:00 am and the Specialized Programs staff do not arrive until 10:15 am. Please DO NOT request your Access appointment time any earlier than 10:45 am.



This is a weekly program for individuals 18 years and older *held from 6:30-8:00 pm* at
Miller Community Center, 330 – 19th Avenue East
Pre-register by calling (206) 684-4950. See the following schedule for a description of planned activities.

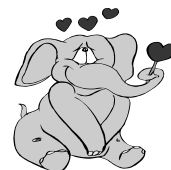
ACCESS: Please request an Appointment time of 6:45 pm and pick-up window of 7:45-8:15 pm.

JANUARY



- Jan. 5 **NEW YEARS BIRTHDAY PARTY**
 Celebrate the New Year and the winter birthdays!
 Refreshments will be provided.
- Jan. 12 **WINTER CRAFT NIGHT**
 \$1.00 Time to get a little crafty – see how creative you can be ! Refreshments will be provided.
- Jan. 19 **BABY PICTURE NIGHT**
 Bring your favorite Baby Photo and we'll try to guess which one is yours!.
 Refreshments provided.
- Jan. 26 **SQUARE DANCING**
 Yeee haw – grab a partner and do-si-do !! Refreshments provided.

FEBRUARY



- Feb. 2 **VALENTINE BINGO**
 Hearts will be our prizes for this game of luck. Refreshments provided.
- Feb. 9 **VALENTINE CREATIONS**
 We'll make wonderful valentine's to share. Refreshments provided.
- Feb. 16 **GAME NIGHT**
 See how many fun games we can play! Refreshments will be served.
- Feb. 23 **CUP NIGHT**
 Bring your favorite cup – tall, short, square, funny designs, with a straw or without!
 Refreshments will be provided.

MARCH



- Mar. 2 **COOKIE NIGHT** - It's time to be a cookie artist – design your
 own delectable treat.
- Mar. 9 **SOCK HOP** - A good old-50's dance night – wear a wild pair of socks!
 Wear something green to model! Refreshments provided
- Mar. 16 **ST. PATRICK'S DAY FASHION SHOW**
 Wear something green to model! Refreshments provided

SOUTHEND SOCIAL

A weekly program for individuals 18 years and older with a variety of activities (see schedule below)
Hight Point Community Center, 6920 - 34th Ave SW, from 6:30-8:00 pm
Please pre-register by calling (206) 684-4950

ACCESS: Please request an appointment time of 6:45 pm pick-up window of 7:45-8:15 pm.



JANUARY



- Jan. 6 **NEW YEARS BIRTHDAY PARTY** Celebrate the New Year and those with winter birthdays! Refreshments will be provided
- Jan. 13 **WINTER CRAFT NIGHT** - A cozy time to settle down for some creative crafts. Refreshments will be provided.
- Jan. 20 **BABY PICTURES** - We'll see how many people we can guess from the baby pictures! Refreshments will be provided.
- Jan. 27 **SQUARE DANCE NIGHT** - Yee haw – knee slapping, toe tappin' good time! Refreshments will be provided.



FEBRUARY



- Feb. 3 **HAT NIGHT** - Bring your favorite hat to model. Refreshments will be provided.
- Feb. 10 **VALENTINE BINGO** - All you sweethearts try your luck at Bingo!. Refreshments will be provided.
- Feb. 17 **DRUMS WITH JAYSON** - Catch the beat as Jayson demonstrates techniques on the drums. Refreshments will be served.
- Feb. 24 **GAME DAY** - A fun evening of assorted games. Refreshments will be served



MARCH



- Mar. 3 **ACTIVE GAME NIGHT** - Get Ready - Set - Go for this evening of fun! Refreshments will be served.
- Mar. 10 **COOKIE NIGHT** - The Cookie Monster won't have anything on us - come and use your imagination with cookies as your background.
- Mar. 17 **ST. PATRICK'S DAY FASHION SHOW** - Wear your green as you strut your stuff on our runway. Refreshments will be served.

BOWLING

This program is not intended to be a bowling lesson. It is a practice session for interested athletes. ***Please pre-register by calling the Special Programs Office, (206) 684-4950.***

DATES: Saturdays STARTING January 8 – March 19

TIME: 12:00 - 2:15 p.m.

PLACE: Sunset Lanes
1420 NW Market

COST: \$2.70 - 1 game
\$5.50 - 2 games, or
\$7.60 - 3 games



Cash Only - Paid to the bowling alley ***before*** you bowl (*cost includes shoes*)

IMPORTANT BOWLING NOTICE:

ACCESS: Please request an Appointment Time of 12 noon.

Due to problems with Access pick-ups following the bowling program, we are asking people to **request a 1:30-2:00 pm pick-up window.** (People riding Access may only be able to bowl 1 - 2 games.)

We're requesting this time change because the Saturday Travels program which immediately follows Bowling is being impacted. When participants from bowling are late being picked up, the Saturday Travels program then gets a late start. The Saturday Travels program often has specific times that have been scheduled in advance for activities or tours and can't afford to be late.

If we continue to have problems, we may have to ask participants not to use Access for the Bowling program. **At this time we do not have staff that can stay with participants that are picked up late and the staff at the bowling alley are not there to supervise our participants as they have other responsibilities.**



SATURDAY TRAVELS for ADULTS



Registration begins January 3rd by calling 206-684-4950 starting at 8:00 am. You may choose three (3) outings and then you can request to be put on a "Waiting List" for other outings.

(All trip destinations / times are subject to change.)

No checks, cash only on outings listing fees.

Meet: Sunset Bowl (1420 NW Market)

Return: Specialized Programs Office (82nd & Densmore)

Time: 2:15-5:30pm












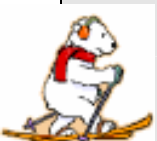
Access: Please request a drop-off **appointment time of 2:15 pm** and Pick-Up between 5:30-6:00 pm

Please let us know when you register if you use a wheelchair so we can make needed van accommodations. Thank You






Due to the popularity of this program, we are requesting agencies and group homes limit the number of people they pre-register to five (5) per outing.

- | | |
|-------------------|--|
| Jan. 8
\$5.00 | EXPERIENCE MUSIC PROJECT - Head downtown to the Seattle Center to experience this fantastic musical creation. |
| Jan. 15
\$5.00 | RUSSIAN COBRA SUBMARINE - A great opportunity to tour this fascinating sub.
Note: lots of walking and narrow spaces |
| Jan. 22
Free | IMAX THEATRE - Talk about "big screen" – you get to see a wonderful show in an very comfortable setting. |
| Jan. 29
Free | FIRE STATION TOUR - Let's tour the fire station where our every day hero's work. |
| Feb. 5 | PROGRAM CANCELLED TODAY DUE TO STAFF WORKSHOP |
| Feb. 12
Free | SOUND BRIDGE MUSIC CLASS - This center in Benaroya Hall is specially designed for people to be able to explore music. |
| Feb. 19
\$8.00 | OLD COUNTRY BUFFET – Time to eat out at one of our favorite dining spots! |
| Feb. 26
\$3.00 | SCIENCE FICTION MUSEUM – Enter the world of sci-fi and see artifacts of this interesting past time. |
| Mar. 5 | PROGRAM CANCELLED DUE TO STATE SPECIAL OLYMPICS TOURNAMENT
(We will still have bowling on this day.) |
| Mar. 12
\$4.00 | NORDIC HERITAGE MUSEUM - Ya sure, ya betcha – you'll have a fun time touring this Scandinavian museum. |
| Mar. 19
\$1.00 | TOUR JAYSON'S MUSIC STUDIO - Check out where Jayson records his music.
You'll get a behind-the-scenes look at how your favorite CD's are made. |





January 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY ADULT	3 COOKING - Miller (See Enclosed Flyer)	4 COOKING - Delridge (See Enclosed Flyer) * * * * * TNT CLUB (See Enclosed Flyer) * * * * * BASKETBALL - See Info	5 STARLIGHT SOCIAL (See Enclosed Flyer) * * * * * BASKETBALL - (See Enclosed Flyer)	6 S. END SOCIAL (See Enclosed Flyer) * * * * * SWIM TEAM (See Enclosed Flyer)	7	8 BOWLING (See Enclosed Flyer) * * * * * SATURDAY TRAVELS (See Enclosed Flyer)
9 	10 COOKING - Miller	11 COOKING * * * * * TNT * * * * * BASKETBALL (See Enclosed Flyer)	12 STARLIGHT SOCIAL * * * * * BASKETBALL	13 SOUTHEND SOCIAL * * * * * SWIM TEAM	14 	15 BOWLING * * * * * SATURDAY TRAVELS
16  	17  CITY HOLIDAY Martin Luther King, Jr. Birthday No Programs Today	18 COOKING * * * * * TNT * * * * * BASKETBALL	19 STARLIGHT SOCIAL * * * * * BASKETBALL	20 SOUTHEND SOCIAL * * * * * SWIM TEAM	21	22 BOWLING * * * * * SATURDAY TRAVELS
23  	24 COOKING - Miller	25 COOKING * * * * * TNT * * * * * BASKETBALL	26 STARLIGHT SOCIAL * * * * * BASKETBALL	27 SOUTHEND SOCIAL * * * * * SWIM TEAM	28	29 BOWLING * * * * * SATURDAY TRAVELS
30  	31 COOKING - Miller				 	

February 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY ADULT 		1 COOKING Delridge (See Enclosed Flyer) * * * * * TNT CLUB (See Enclosed Flyer) * * * * * BASKETBALL (See Enclosed Flyer)	2 STARLIGHT SOCIAL (See Enclosed Flyer) * * * * * BASKETBALL – (See Enclosed Flyer)	3 SOUTHEND SOCIAL (See Enclosed Flyer) * * * * * SWIM TEAM (See Enclosed Flyer)	4	5 BOWLING (See Enclosed Flyer) * * * * * SATURDAY TRAVELS Cancelled Today Only (See Enclosed Flyer)
6 SPECIAL OLYMPICS REGIONAL BASKETBALL TOURNAMENT 	7 COOKING - Miller (See Enclosed Flyer)	8 NO COOKING TODAY * * * * * TNT CLUB * * * * * BASKETBALL	9 STARLIGHT SOCIAL * * * * * BASKETBALL	10 SOUTHEND SOCIAL * * * * * SWIM TEAM	11 SWEETHEART DANCE (See Enclosed Flyer) 	12 BOWLING * * * * * SATURDAY TRAVELS
13	14 COOKING – Miller Session #2 (See Enclosed Flyer) 	15 COOKING-Delridge (Session #2 Begins) * * * * * TNT * * * * * BASKETBALL	16 STARLIGHT SOCIAL * * * * * BASKETBALL	17 SOUTHEND SOCIAL * * * * * SWIM TEAM	18	19 BOWLING * * * * * SATURDAY TRAVELS
20	21 CITY HOLIDAY President's Day  (No Programs Today)	22 COOKING-Delridge * * * * * TNT * * * * * BASKETBALL	23 STARLIGHT SOCIAL * * * * * BASKETBALL	24 SOUTHEND SOCIAL * * * * * SWIM TEAM	25	26 BOWLING * * * * * SATURDAY TRAVELS
27	28 COOKING - Miller					

March 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH ADULT		1 COOKING - Delridge ***** TNT ***** BASKETBALL (See Enclosed Flyer)	2 STARLIGHT SOCIAL (See Enclosed Flyer) ***** BASKETBALL (See Enclosed Flyer)	3 SOUTHEND SOCIAL (See Enclosed Flyer) ***** SWIM TEAM (See Enclosed Flyer)	4	5 BOWLING (See Enclosed Flyer) ***** SATURDAY TRAVELS <i>Cancelled Today Only</i> (See Enclosed Flyer)
6 State Special Olympics Basketball Tournament 	7 COOKING - Miller (See Enclosed Flyer)	8 COOKING - Delridge ***** TNT ***** BASKETBALL	9 STARLIGHT SOCIAL ***** BASKETBALL	10 SOUTHEND SOCIAL (See Enclosed Flyer) ***** SWIM TEAM (See Enclosed Flyer)	11	12 BOWLING (See Enclosed Flyer) ***** SATURDAY TRAVELS (See Enclosed Flyer)
13 16	14 COOKING - Miller	15 COOKING-Delridge ***** TNT ***** BASKETBALL	16 STARLIGHT SOCIAL ***** BASKETBALL	17 SOUTHEND SOCIAL ***** SWIM TEAM 	18	19 BOWLING ***** SATURDAY TRAVELS
20	21 COOKING - Miller Last Day of Winter Programs	22	23	24 <div>  <div> We're hatching our Spring Programs ! </div> </div>	25 	26
27	28	29	30	31		

YOUTH PROGRAMS

4 - 21 YEARS OF AGE

(Youth are welcome to remain in the Youth Programs until the age of 21, however, please note the Adult Programs begin at the age of 18 and we encourage people to begin the transition from youth to adult programs at that time)

If your child will be attending the Special Programs Section's Youth Programs, you must have an Information Form on file.

SWIM LESSONS

Please check the City pools in your area as many of them are adding specialized programs swim lessons or integrating youth with disabilities in to their regularly scheduled lessons. These pools are:



684-4094.....Ballard Pool
684-4961.....Evans Pool
684-4979.....Madison Pool
684-4989.....Meadowbrook Pool

684-4766.....Medgar Evers Pool
386-4282.....Queen Anne Pool
386-1944.....Rainier Beach Pool
684-7440.....Southwest Pool

* * * * *

YOUTH BOWLING

This program is not intended to be a bowling lesson. It is a practice session for individuals interested in improving existing skills. ***Please pre-register by calling (206) 684-4950.***

DATES: Saturdays STARTING January 8 - March 19
TIME: 12:00 - 2:15 p.m.
PLACE: Sunset Lanes
1420 NW Market
COST: \$2.70 - 1 game, \$5.50 - 2 games, or 3 games for \$7.60
(which includes shoes)
Paid to the bowling alley ***before*** you bowl



NOTE: CASH ONLY: Paid to the bowling alley before you bowl.

IMPORTANT BOWLING NOTICE:

ACCESS: Please request an Appointment Time of 12 noon.

Due to problems we're experiencing with Access pick-ups following the bowling program, we are asking people to **request a 1:30-2 pm pick-up window**. By requesting an earlier pick-up window, people riding Access may be able to only bowl 1 - 2 games.

We're requesting this time change because the Adult Saturday Travels program which immediately follows Bowling is being impacted. When participants from bowling are late being picked up, the Saturday Travels program then gets a late start. The Saturday Travels program often has specific times that have been scheduled in advance for activities or tours and can't afford to be late. We're hoping if we ask our bowling participants to request an earlier pick-up window, then the Saturday Travels program will no longer be impacted.

If we continue to have problems, we may have to ask participants not to use Access for the Bowling program. **At this time we do not have staff that can stay with participants that are picked up late and the bowling alley staff are not there to supervise our participants as they have other responsibilities.**

If you have any questions regarding this change, please call Juli at the Specialized Programs Office, (206) 684-4950.

SATURDAY ACTIVITIES for YOUTH

Saturday Activities is for Special Education Students ages 4-21. Registration is done weekly beginning at 8:00 am on the **TUESDAY morning prior to the activity you would like your child to attend.** **PLEASE NOTE THIS IS A CHANGE !** Space is limited and is on a first call - first serve basis. The pick-up site is:

Specialized Programs Office 8061 Densmore Avenue North



Please let us know when you pre-register if your child uses a wheelchair so we can make needed van accommodations. Thank you.

Bring a sack lunch & drink, and dress according to the weather. Space is limited. If your child will be unable to attend, please call our office and leave a message so the next person on the waiting list can fill that spot.

Specialized Programs Office Phone Number Is: (206) 684-4950

ALL OUTINGS GO FROM 9:00 am – 2:00 pm.



Please bring CASH ONLY (Exact Change Required) in an envelope with your child's name on it.

- Jan. 8 \$2.00 / *New Years Party* - Join us as we celebrate the beginning of a new year!
- Jan. 15 \$5.00 / *Odyssey Maritime Discovery Center!* Explore this fascinating discovery center with all its maritime treasures
- Jan. 22 *Free / Pied Piper Productions!* You'll be doubled over with laughter with Charles the Clown.
- Jan. 29 \$4.00 / *Serpentarium* - Ssssssee the fascinating world of ssssnakes located in Gold Bar.
- Feb. 5 *Program Cancelled Due To Staff Workshop*

SPECIAL NOTE: This is a two-part activity. You must register for Clay Creations #1 to take #2. Registration will take place on February 8th. You must pre-register and attend BOTH sessions to complete your clay creation.

Feb. 12 \$3.00 / Clay Creations I - An opportunity to have a great time exploring the world of pottery.

Feb. 19 \$3.00 / Clay Creations II - Finish your project by adding those special touches!

- Feb. 26 \$4.00 / *Storybook Theater "Little Red Riding Hood"* – My what big eyes and ears you'll have all the better to enjoy the performance with.
- Mar. 5 \$3.00 / *Seattle Metropolitan Police Museum* - See the history of our every day heroes.
- Mar. 12 *Free / City Scavenger Hunt* - Today we'll hunt for the things that make Seattle unique!
- Mar. 19 \$3.00 / *St. Patty's Day PJ Party & Brunch* - Wear your pajamas and don't bring a lunch, We'll be scrambling green eggs and ham!

NOTE: If funding is a problem or you would like to be added to our year round mailing list, please call the Specialized Programs Office at (206) 684-4950.

NOTE: Due to Staffing & Programming Conflicts, we cannot serve Access OR Taxi Transportation clients for the " Saturday Activities " Program.

Youth Wheelchair Sports

SEATTLE JR SONICS WHEELCHAIR BASKETBALL

Youth (7-21 years of age) who have the ability to follow a sequence of instructions and have adequate upper body control to maneuver a manual wheelchair.

NOTE: *This program is not affiliated with Special Olympics, which is for Youth / Adults with developmental disabilities.*

Sport: Junior Sonics Wheelchair Basketball Team
Location: Meany Middle School (301 – 21st Avenue East)
Dates: Saturdays, January 4 – March 26, 2005
Times: 12:00 – 3:00 p.m.



For more information, please call:

Coach Dave Fouquette (425) 513-8293
Manager, Mary Turcotte (360) 357-9202

NORTHWEST WHEELCHAIR SPORTS

Northwest Wheelchair Sports is a partner with the Seattle Parks and Recreation Departments, Specialized Programs Section. Together they provide an opportunity to participate and compete locally, regionally, and nationally in archery, swimming, table tennis, track & field, and weightlifting.

There are several ways for you to obtain information:

Website: www.northwestwheelchairsports.org
e-mail: NortLwesT_wheelchair_sports@hotmail.com
Call: Tami English, (253) 536-5326

Did you know!?

Seattle Parks and Recreation Department's, Specialized Programs Section partners with community organizations to provide youth with special needs recreational opportunities and adapted Physical Education programs.

Below is the list of the organizations that are current partners. If you have any questions or would like more information, please contact Juli Sanders at (206) 684-7548!

Our Current Partners:

First Place School

Ryther Child Center

Seattle Children's Home:
Bridge/McGraw

Seattle Children's Theater

Seattle Public Schools Special Education


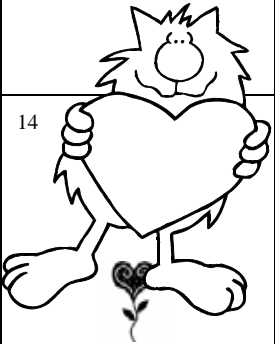


Southwest Interagency School

Sunset Bowl

January 2005




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY YOUTH	3	4	5	6	7	8 SATURDAY ACTIVITIES (See Enclosed Flyer) ***** BOWLING (See Enclosed Flyer) ***** W-C BASKETBALL (See Enclosed Flyer)
9 	10  CITY HOLIDAY Martin Luther King, Jr. Birthday No Programs Today	11	12			15 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL
16 	17	18	19			22 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL
23 	24	25	26	27	28	29 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL
30 	31					

February 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY YOUTH		1	2  Groundhog Day	3	4	5 SATURDAY ACTIVITIES <i>Cancelled Today Only</i> (See Enclosed Flyer) ***** BOWLING (See Enclosed Flyer) ***** W-C BASKETBALL (See Enclosed Flyer)
6	7 	8	9	10	11 SWEETHEART DANCE (See Enclosed Flyer) 	12 SATURDAY ACTIVITIES (Part 1 of 2) ***** BOWLING ***** W-C BASKETBALL
13	14	15	16	17	18	19 SATURDAY ACTIVITIES (Part 2 of 2) ***** BOWLING ***** W-C BASKETBALL
20	21 CITY HOLIDAY <i>President's Day</i>  <i>(No Programs Today)</i>	22	23	24	25	26 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL
27	28					

Mid-Winter Break for Seattle Public Schools

March 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH YOUTH		1 	2	3	4	5 SATURDAY ACTIVITIES ***** BOWLING (See Enclosed Flyer ***** W-C BASKETBALL (See Enclosed Flyer)
6	7					12 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL
13	14	15	16	17 	18	19 SATURDAY ACTIVITIES ***** BOWLING ***** W-C BASKETBALL Last Day of Winter Program
20	21	22	23	24 <div>We're hatching our Spring Program !</div>	25 	26
27	28	29	30	31	28	